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Psychology: CUET Mock Test - 4

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Psychology: CUET Mock Test - 4 - Question 1

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Mindfulness is related to?

A. Hinduism

B. Buddhism

C. Jainism

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D. None of these

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 1

Mindfulness derives from sati, a significant element of Buddhist traditions, and is based on Zen, Vipassanā, and Tibetan meditation techniques.

Psychology: CUET Mock Test - 4 - Question 2 Save

Which of the following are the example of specific skills?

A. Communication skills

B. Counselling skills

C. Interviewing skills

D. All of them

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 2

The skills that are needed for a specific job are also known as a skill set. When hiring, employers will usually include the skill set required to be able to perform the job in the job posting. The applicants who most closely match the required skills will have the best chance of getting selected for a job interview.

Psychology: CUET Mock Test - 4 - Question 3 Save

Which of the following are not the section of basic skills?

A. General skills

B. Natural skills

C. Specific skills

D. Observational skills

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 3

Specific Skills are those skills which are needed to perform a specific job that requires certain specific compatibilities for that work. Communication skills, Leadership skills, Interview skills all come under specific skills.

Psychology: CUET Mock Test - 4 - Question 4 Save

Which of the following is not the example of general skills?

- **A.** Cognitive skills
- **B.** Expressive skills
- **C.** Assessment skills
- **D.** Reflective skills

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 4

Very simply, a skills assessment is an evaluation of an individual's ability to perform a specific skill or set of skills. Usually, it's an evaluation of skills specific to a job or role. Ideally, the assessment captures the level of proficiency for each skill, so you know which participants are new to a skill and which have mastered it.

Psychology: CUET Mock Test - 4 - Question 5 Save

The initial step in the listening process is:

- **A.** Attention to stimulus
- **B.** Reception of stimulus
- **C.** Paraphrasing of sentences
- **D.** Assignment of meaning

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 5

Reception of the stimuli is the first step in the listening process. because the first of all our senses able to receive the stimulus. Attending occurs when you perceive and focus on stimuli. Interpreting involves assigning meaning to sounds and symbolic activity.

Psychology: CUET Mock Test - 4 - Question 6 Save

Which perspective emphasizes that the environment is something to be respected and valued?

- **A.** Ecology
- **B.** Instrumental perspective
- **C.** Spiritual perspective

D. Minimalist perspective

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 6

It refers to the view of the environment as something to be respected and valued rather than exploited. Physical environment and human relationship are interdependent. The traditional Indian view about the environment supports spiritual perspective, worshipping Pipal, respect for rivers and mountains. Chipko Aandolan and movement by Bisnoi Community are examples of Indian perspective

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Psychology: CUET Mock Test - 4 - Question 7 Save

_____ occurs most readily for strong responses in situations where the presence of others is motivating.

A. Social Relationship

B. Social facilitation

C. Socialization

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 7

Social facilitation is a social phenomena in which being in the presence of others improves individual task performance. That is, people do better on tasks when they are with other people rather than when they are doing the task alone.

Psychology: CUET Mock Test - 4 - Question 8 Save

_____ is a process by which information about others is converted into more or less enduring cognitions or thoughts about them.

A. Attribution

B. Stereotypes

C. Impression formation

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 8

In social psychology, a stereotype is a fixed, over generalized belief about a particular group or class of

people. By stereotyping we infer that a person has a whole range of characteristics and abilities that we assume all members of that group have. For example, a “hells angel” biker dresses in leather.

Psychology: CUET Mock Test - 5 Start Test

Psychology: CUET Mock Test - 4 - Question 9 Save

_____ is the process by which an individual comes to define himself in terms of his nation, social class, religious group etc.

- **A.** Identification
- **B.** Internalization
- **C.** Imitation
- **D.** Social identity

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 9

Social identity is the portion of an individual's self-concept derived from perceived membership in a relevant social group.

Psychology: CUET Mock Test - 4 - Question 10 Save

Feeling of togetherness, that keeps a group intact, is called_____

- **A.** Norms
- **B.** Roles
- **C.** Status
- **D.** Cohesiveness

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 10

More formally, cohesiveness denotes the strength of all ties that link individuals to a group. These ties can be social or task oriented in nature. Specifically, a group that is tied together by mutual friendship, caring, or personal liking is displaying social cohesiveness.

Psychology: CUET Mock Test - 4 - Question 11

Save

The defining characteristic of_____ is that they express an evaluation of some object.

- **A.** Beliefs
- **B.** Attitudes
- **C.** Interaction
- **D.** Perception

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 11

Attitude is a state of the mind, a set of views or thoughts, regarding some topic (called the 'attitude object'), which have an evaluative feature (positive, negative or neutral quality).

Psychology: CUET Mock Test - 4 - Question 12

Save

In 1957, Leon Festinger published his theory of_____

- **A.** Balance
- **B.** Cognitive Dissonance
- **C.** Learning
- **D.** Attitude

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 12

Leon Festinger's theory of cognitive dissonance has been widely recognized for its important and influential concepts in areas of motivation and social psychology.

Psychology: CUET Mock Test - 4 - Question 13

Save

_____ is a technique to treat Phobia.

- **A.** Sublimation
- **B.** Rationalisation

C. Systematic desensitisation

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 13

Systematic desensitisation, or graduated exposure therapy, is a behaviour therapy developed by the psychiatrist Joseph Wolpe. It is used when a phobia or anxiety disorder is maintained by classical conditioning. It shares the same elements of both cognitive-behavioural therapy and applied behaviour analysis.

Psychology: CUET Mock Test - 4 - Question 14 Save

In _____, the aim is establishing a relationship between undesirable behaviour with painful consequences.

A. Biofeedback

B. Aversion therapy

C. Creative visualisation

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 14

Aversion therapy is a form of psychological treatment in which the patient is exposed to a stimulus while simultaneously being subjected to some form of discomfort.'

Psychology: CUET Mock Test - 4 - Question 15 Save

In _____ approach, the therapist uses pointed but friendly questioning to root out depressed people's faulty, depressogenic cognitions.

A. Psychodynamic

B. Cognitive

C. Behaviourist

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 15

Cognition refers to mental activity including thinking, remembering, learning and using language. When we

apply a cognitive approach to learning and teaching, we focus on the understanding of information and concepts.

Psychology: CUET Mock Test - 4 - Question 16

Save

Logotherapy is given by___

- **A.** Victor Frankl
- **B.** Sigmund Freud
- **C.** Ivan Pavlov
- **D.** Care Rogers

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 16

Logotherapy was developed by neurologist and psychiatrist Viktor Frankl and is based on the premise that the primary motivational force of an individual is to find a meaning in life. Frankl describes it as "the Third Viennese School of Psychotherapy" along with Freud's psychoanalysis and Adler's individual psychology.

Psychology: CUET Mock Test - 4 - Question 17

Save

_____ is used to describe the unpleasant emotional state that results from blocked goal seeking, rather than the event itself.

- **A.** Conflict
- **B.** Frustration
- **C.** Aggression
- **D.** Regression

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 17

In psychology, frustration is a common emotional response to opposition, related to anger, annoyance and disappointment. Frustration arises from the perceived resistance to the fulfilment of an individual's will or goal and is likely to increase when a will or goal is denied or blocked.

Psychology: CUET Mock Test - 4 - Question 18

Save

The general adaptation syndrome consists of three stages which include____

- **A.** The alarm reaction
- **B.** The stage of resistance
- **C.** Alarm, resistance and exhaustion
- **D.** None of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 18

This stage is the result of prolonged or chronic stress. Struggling with stress for long periods can drain your physical, emotional, and mental resources to the point where your body no longer has strength to fight stress. You may give up or feel your situation is hopeless.

Psychology: CUET Mock Test - 4 - Question 19 Save

_____ are also major stressors.

- **A.** Frustration
- **B.** Conflict
- **C.** Aggression
- **D.** Both [a] and [b]

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 19

A stressor is an event or situation that causes stress. Just about anything can be a stressor as long as it is perceived as a danger. Frustration and conflict are a type of major stressors.

Psychology: CUET Mock Test - 4 - Question 20 Save

The reaction to external stressors is called____

- **A.** Strain
- **B.** Stress
- **C.** Tension
- **D.** Stress response

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 20

Stressors are events that cause our body to give the stress response. Such events include noise, crowding, a bad relationship, or the daily commuting to school or office. The reaction to external stressors is called 'strain'.

Psychology: CUET Mock Test - 4 - Question 21

Save

The cognitive theory of stress was proposed by____

- **A.** Selye
- **B.** Endlar
- **C.** Parker
- **D.** Lazarus

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 21

The concept of cognitive appraisal was advanced in 1966 by psychologist Richard Lazarus in the book Psychological Stress and Coping Process. According to this theory, stress is perceived as the imbalance between the demands placed on the individual and the individual's resources to cope.

Psychology: CUET Mock Test - 4 - Question 22

Save

The three types of stress are___

- **A.** Physical and environmental, psychological and social.
- **B.** Physical, personal and social.
- **C.** Physiological, behavioural and emotional.
- **D.** All of the above.

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 22

Broadly, stress is divided into these 3 categories and the resulting subtypes of stress are a subset of one these classifications only

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Psychology: CUET Mock Test - 4 - Question 23

Save

Frustration, conflicts, internal and social pressures are sources of which of the

following kinds of stress?

- **A.** Psychological stress
- **B.** Physical and environmental stress
- **C.** Social stress
- **D.** none of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 23

Psychological stress is a popular term denoting processes believed to contribute to a variety of mental and physical conditions. Despite widespread interest in the construct and its consequences for health and well-being, there is little consensus on definitions for psychological stress.

Psychology: CUET Mock Test - 4 - Question 24 Save

The study of links between the brain, the mind and the immune system is known as—

- **A.** Psychoneurology
- **B.** Psychoimmunology
- **C.** Psychoneuroimmunology
- **D.** Psychology

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 24

Psychoneuroimmunology (PNI) is a discipline that has evolved in the last 40 years to study the relationship between immunity, the endocrine system, and the central and peripheral nervous systems.

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Disease-causing agents are known as_____

- **A.** Leucocytes

B. Antigens

C. Antibodies

D. Pathogens

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 25

A pathogen is an organism that causes disease. Your body is naturally full of microbes. However, these microbes only cause a problem if your immune system is weakened or if they manage to enter a normally sterile part of your body. Pathogens are different and can cause disease upon entering the body.

Psychology: CUET Mock Test - 4 - Question 26 Save

The coping strategies given by Endler and Parker is____

A. Task-oriented and Emotion-oriented

B. Avoidance-oriented, task-oriented and emotion-oriented

C. Problem-focused and emotion-focused

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 26

A coping style is a characteristic manner of responding to stressful situations. There are three basic coping styles: task-oriented coping, emotion-oriented coping, and avoidance-oriented coping.

Psychology: CUET Mock Test - 4 - Question 27 Save

Which of the following coping behaviours are problem-focused?

A. Making efforts to improve one’s performance after a setback

B. Hiding examination results from parents

C. Finding fault with classmates for poor marks in tests

D. Feeling sorry for poor marks in a test

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 27

Problem-focused coping includes all the active efforts to manage stressful situations and alter a troubled

person-environment relationship to modify or eliminate the sources of stress via individual behaviour.

Psychology: CUET Mock Test - 4 - Question 28 Save

Who among the following psychologists divided all personalities into introverts and extraverts?

- **A.** Freud
- **B.** Carl Jung
- **C.** Adler
- **D.** Erikson

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 28

Carl Gustav Jung was a Swiss psychiatrist and psychoanalyst who founded analytical psychology. Jung's work has been influential in the fields of psychiatry, anthropology, archaeology, literature, philosophy, psychology, and religious studies.

Psychology: CUET Mock Test - 4 - Question 29 Save

A _____ refers to any characteristics in which one individual differs from another in a relatively permanent and consistent way.

- **A.** Personality
- **B.** Trait
- **C.** Humanistic
- **D.** Concept

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 29

Trait theory in psychology rests on the idea that people differ from one another based on the strength and intensity of basic trait dimensions. There are three criteria that characterise personality traits: (1) consistency, (2) stability, and (3) individual differences.

Psychology: CUET Mock Test - 4 - Question 30 Save

The _____ is the original source of personality, present in the newborn infant.

A. Id

B. Ego

C. Superego

D. None of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 30

According to Freud's psychoanalytic theory, the id is the primitive and instinctual part of the mind that contains sexual and aggressive drives and hidden memories, the super-ego operates as a moral conscience, and the ego is the realistic part that mediates between the desires of the id and the super-ego.

Psychology: CUET Mock Test - 4 - Question 31 Save

Which of the following systems the internalised representation of the values and morals of society is as taught to the child by the parents and others?

A. Id

B. Ego

C. Super ego

D. Libido

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 31

The superego is the ethical component of the personality and provides the moral standards by which the ego operates. The superego's criticisms, prohibitions, and inhibitions form a person's conscience, and its positive aspirations and ideals represent one's idealized self-image, or “ego ideal.”

Psychology: CUET Mock Test - 4 - Question 32 Save

In which of the following psycho-sexual stage of the development pleasure is obtained through stimulation of the mouth?

A. The oral stage

B. The anal stage

C. The phallic stage

◯ **D.** The genital stage

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 32

During the five psychosexual stages, which are the oral, anal, phallic, latent, and genital stages, the erogenous zone associated with each stage serves as a source of pleasure. The psychosexual energy, or libido, was described as the driving force behind behavior.

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Which of the following is most widely used projective technique?

◯ **A.** The Rorschach test

◯ **B.** The Thematic Apperception Test

◯ **C.** 16 personality factor

◯ **D.** Both [a] and [b]

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 33

Perhaps the most commonly used projective techniques are the Rorschach, the Thematic Apperception Test (TAT), figure drawings, and sentence completion tests. The Rorschach consists of a set of inkblots to which the respondent provides responses.

Psychology: CUET Mock Test - 4 - Question 34

Save

_____ defined personality as the dynamic organisation within the individual of those psycho-physical systems that determine his unique adjustment to his environment.

◯ **A.** Sheldon

◯ **B.** G.W. Allport

◯ **C.** Kwarren

◯ **D.** Freud

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 34

Gordon Willard Allport was an American psychologist. Allport was one of the first psychologists to focus on the study of the personality, and is often referred to as one of the founding figures of personality psychology.

Psychology: CUET Mock Test - 4 - Question 35 Save

Which of the following scales has been useful in measuring anxiety, hostility, and hallucination, phobias and suicidal impulses?

- **A.** 16 PF
- **B.** MMPI
- **C.** TAT
- **D.** Adjective checklist

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 35

The Minnesota Multiphasic Personality Inventory (MMPI) is a psychological test that assesses personality traits and psychopathology. It is primarily intended to test people who are suspected of having mental health or other clinical issues.

Psychology: CUET Mock Test - 4 - Question 36 Save

According to psycho-analytic theory, the sexual energy that underlines the biologically based urges is called the

- **A.** Ego
- **B.** Defence mechanisms
- **C.** Libido
- **D.** Oedipus

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 36

Libido is a person's overall sexual drive or desire for sexual activity. Libido is influenced by biological, psychological, and social factors. Biologically, the sex hormones and associated neurotransmitters that act upon the nucleus accumbens regulate libido in humans.

Psychology: CUET Mock Test - 4 - Question 37

Save

Which of the following levels of consciousness or awareness is proposed by Freud?

- **A.** The conscious
- **B.** The preconscious
- **C.** The unconscious
- **D.** All of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 37

Sigmund Freud divided human consciousness into three levels of awareness: the conscious, preconscious, and unconscious. Each of these levels corresponds and overlaps with his ideas of the id, ego, and superego.

Psychology: CUET Mock Test - 4 - Question 38

Save

Which of the following parts of body Freud referred as erogenous zones?

- **A.** The mouth
- **B.** The anus
- **C.** The genitals
- **D.** All of the above

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 38

An erogenous zone is characterized as an area of the body that is particularly sensitive to stimulation. During the five psychosexual stages, which are the oral, anal, phallic, latent, and genital stages, the erogenous zone associated with each stage serves as a source of pleasure.

Psychology: CUET Mock Test - 4 - Question 39

Save

Which of the following periods of psycho-sexual development was not considered by Freud to be very important to the development of personality?

- **A.** Oral stage
- **B.** Phallic

◯ **C.** Latency

◯ **D.** Genital

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 39

The period of reduced sexuality that Freud believed occured between approximately age seven and adolescence. Freud claimed that children went through a "latency period" during which "we can observe a halt and retrogression in sexual development".

Psychology: CUET Mock Test - 4 - Question 40

Save

According to dynamic theorists, people use _____ to reduce their anxiety and guilt.

◯ **A.** Unconscious

◯ **B.** Defence mechanism

◯ **C.** Dreams

◯ **D.** Traits

Detailed Solution for Psychology: CUET Mock Test - 4 - Question 40

In psychoanalytic theory, a defence mechanism (American English: defence mechanism), is an unconscious psychological operation that functions to protect a person from anxiety-producing thoughts and feelings related to internal conflicts and outer stressors.

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